

**Season:** Year round  
**From the garden:** Your choice of seasonal vegetables and herbs – see combinations below  
**Type:** Main/Lunchbox  
**Difficulty:** Easy  
**Serves:** 12 servings

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## Equipment

- 12 hole muffin tray
- Baking paper or muffin cases
- Grater
- Whisk
- Large jug or bowl
- Knife
- Chopping board

## Ingredients

- Seasonal vegetables
- Herbs
- 8 eggs
- 1 cup cheese

### Suggested flavour combinations:

- Defrosted peas, cooked potato and chopped mint
  - Cooked pumpkin, feta and chopped parsley
  - Red onion, tomato and spinach – raw and chopped
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## How to make it

1. Preheat the oven to 180°C.
2. Line the muffin tray with muffin cases or small squares of baking paper.
3. Grate the cheese.
4. Prepare and chop the vegetables.
5. Chop the herbs.
6. Whisk the eggs in the jug/bowl.
7. Add the vegetables and cheese to the egg mixture and stir.
8. Pour the mixture into the lined muffin tray, nearly filling each hole and making sure the vegetables are evenly distributed.
9. Bake at 180°C for 15 minutes until the egg is set and doesn't wobble.
10. Remove from the oven. **Caution – hot! Ask an adult to help you with this.** Leave to cool.

## Notes:

- If you are using baking paper to line your muffin cases, cut the paper into small squares and then screw the paper into a small ball. Unwrap the ball and use to line the muffin tray – the screwed-up paper will hold its shape better.
- These freeze really well so are perfect for lunchboxes. Remove from the freezer the night before and leave in the fridge to defrost.

## Skills:

- Grate, chop, **whisk\***, bake.

\* Whisk: beat or stir (often cream or eggs) quickly and lightly.